

CREATE

FREE!

FREE COOKING CLASSES ON CREATING
DELICIOUS MEALS FROM SCRATCH



Wednesday, November 4, 2015 - 10:30 a.m. - 12:00 p.m.

Lehi Employment Center • 557 W. State St. • Lehi, Utah

Healthy Eating on a Budget

**Come learn about meal planning and helpful tips for saving time and money
while eating healthy.**

There will be a cooking demonstration and fun giveaways!

This material was funded by USDA's Supplemental Nutrition Assistance Program. Utah State University is an affirmative action/equal opportunity institution.

extension.usu.edu/foodsense



Workforce Services • jobs.utah.gov



Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals with speech or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.